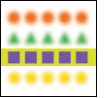*Problem Solving Therapy*

Step Three: Selecting And Defining A Problem
                  Defining A Problem Clearly

Problem Area I Want To Work On:

Gathering The Available Facts

- What is the problem?

- When does the problem occur?

- Where does the problem occur?

- Who is involved in the problem?

- How often does the problem occur?

- What have you done to solve the problem in the past?

- Do you have control over this problem?

If You Get Stuck ………

Why is this problem a problem?

Clearly Defined Problem Statement: